



Fast Facts

- The following fact sheet will help you answer questions you may receive from visitors to Prince Albert National Park.
- If visitors require additional information, please direct them to Carla Flaman, Communications Manager at 306 663 4565.
- Direct all media inquiries to Carla Flaman.

West Nile Virus

1. West Nile Virus is primarily transmitted to people through the bite of an infected mosquito.
2. Evidence shows that many people infected with West Nile Virus have mild symptoms, or no symptoms at all. People with weaker immune systems and people with chronic diseases, are at greater risk for serious health effects. Risk for serious health effects generally increases with age.
3. Although the chance of being infected is low - and the percentage of those infected that develop severe health effects is even lower - everyone in an area that has West Nile virus activity is at risk.
4. It is very important to reduce the risk to you and your family by taking steps to avoid mosquito bites.
 - a. Wear protective light-coloured clothing such as long sleeves, pants and a hat.
 - b. Avoid being outdoors during times when mosquitoes are most active.
 - c. Limit the time you spend outdoors at dawn and dusk, when mosquitoes are most active.
 - d. Use insect repellents. Read and follow the manufacturers' directions for safe use.
 - e. Make sure that door and window screens fit tightly and have no holes.
 - f. Eliminate mosquito breeding grounds around your home (e.g., pools of dormant water).
5. **To learn more:** www.hc-sc.gc.ca/english/westnile/

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